

I Choose Wellness!

Fact Sheet: Benefits of Quitting Smoking

Within 20 Minutes of your last cigarette:

- Blood Pressure drops to normal
- Pulse rate drops to normal
- Body temperature of extremities increases to normal

After 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

After 24 hours:

- Chances of heart attack decrease

After 48 hours:

- Nerve endings in nose and mouth start to re-grow
- Ability to taste and smell improve

After 72 hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia re-grow in lungs, increasing ability to handle mucus, clean lungs, and reduce infection

5 years:

- Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people

10 years:

Pre-cancerous cells are replaced with normal cells; risk of other cancers such as mouth, voice box, esophagus, bladder, kidney and pancreas decreases

Source: U.S. Department of Health and Human Services, *Reducing Tobacco Use: A Report of the Surgeon General*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000

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Available Resources:

Upon the request of many staff members across CHL, the following are available resources on tobacco cessation. These handouts make great aids to staff and clients alike.

UMass provides a substantial amount of provider resources in their Tobacco Prevention and Treatment website. The link below includes helpful handouts such as instruments and checklists for assessing nicotine use, patient handouts, as well as treatment plans.

- <http://www.umassmed.edu/psychiatry/wellness/tobacco.aspx>

The MassHealth Clearinghouse also offers great handouts in both English *and* Spanish! Massachusetts residents can order up to 50 flyers in English and 25 flyers in Spanish per person. Please see the links below for some highlighted flyers and handouts:

- **“Want to Quit Smoking?” Brochure:**
<http://massclearinghouse.ehs.state.ma.us/TOB/TC2410kit.html>
- **Tobacco Cessation Benefits Fact Sheet:**
https://massclearinghouse.ehs.state.ma.us/mm5/merchant.mvc?Screen=PROD&Store_Code=MAC&Product_Code=TC3406&Category_Code=
- **Quitworks Quick Guide to Pharmacotherapy in Tobacco Treatment:**
<http://massclearinghouse.ehs.state.ma.us/TOB/TC2485.html>

Lastly, the Massachusetts Smokers' Helpline is a free interactive phone service sponsored by the Massachusetts Department of Public Health. Providing clients with their phone number, 1-800-QUIT NOW (1-800-784-8669), or referring them to the free QuitWorks program (visit quitworks.org for more information) can prompt them to change their tobacco use and overall health.



Future Directions:

The goal of conducting this survey was to reexamine tobacco cessation efforts within CHL since the initiative was first implemented in 2008. Similar to other large organizations attempting to eliminate tobacco use within its perimeters, CHL encountered challenges to fully sustain this initiative. The findings from the survey suggest that additional support groups, resources, and enforcement of tobacco regulations within the agency are likely to benefit the CHL community.

Concerning resources on tobacco cessation, there are recommended links listed in the “Available Resources” section. It is also important to note that CHL has held staff trainings, individual and group counseling sessions, peer support groups, and other events to promote tobacco cessation.

Recently, we have scheduled brown-bag trainings with **Tina Grosowsky**, the project coordinator for the Central Massachusetts Tobacco-Free Partnership. Tina is scheduled to present on tobacco cessation treatment and resources at the Leominster site on Wednesday, July 24th at 1PM. The presentation will take place at 40 Spruce Street, 2nd Floor, Conference IV / Library. Individuals must sign-up for this presentation is at front desk on Spruce Street (Please contact Silvia Franco, the Clinical Director at Spruce Street, at 978-534-6116 for more information).

On Thursday, September 5th and September 12th from 12PM to 1PM, Tina will also present on Other Tobacco Products, and tobacco cessation resources. These meetings will be held in the Board Room on 12 Queen Street, Worcester, MA. Sign-up is not necessary (Please contact Debbie Truong from the Wellness Center at 774-312-2761 for more information).

Conversations within the agency about forming support groups and oversight on tobacco regulations will be taken into consideration.

Lastly, the CDC is starting a media campaign called *Tips From Former Smokers* to encourage people to start taking action in their health and begin thinking about quitting tobacco use. During this campaign, individuals will be prompted to ask their health care providers about their tobacco use. We hope that this can be a great opportunity to facilitate conversation between you, your clients, and the agency on tobacco cessation.



If you have questions about the survey or resources offered at CHL, please contact Hillary Gleason or Debbie Truong at 774-312-2761 or extension # 12761.

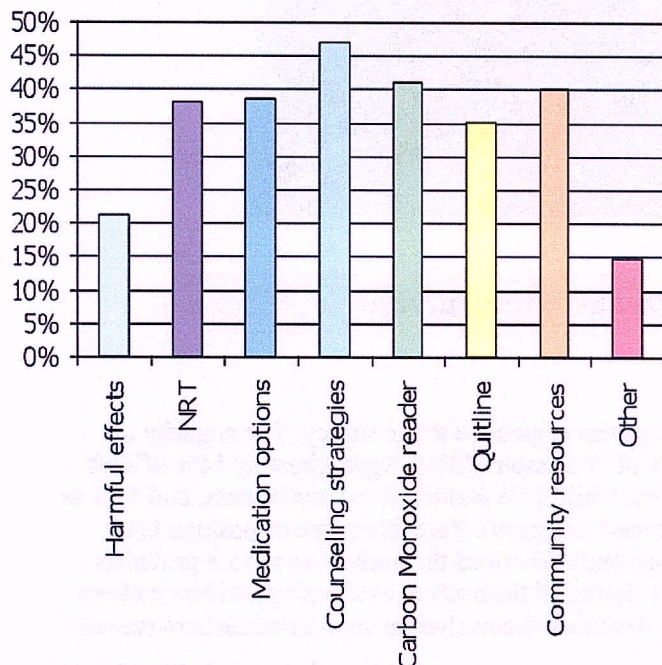
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Key Points:

Highlighted Results:

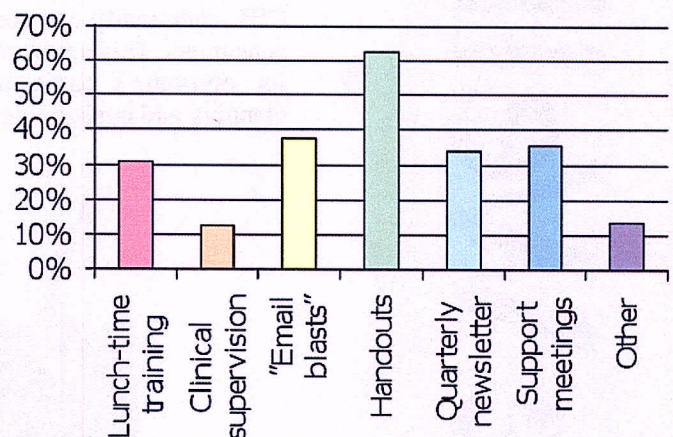
- 73% of respondents agreed or strongly agreed that staff who are current users are provided with adequate support to address their use.
- Two-thirds of the respondents (62%) endorsed the statement that consumers with severe psychiatric symptoms should be encouraged to quit tobacco use.
- The following graphs reveal what type of resources and trainings staff would like to see implemented at CHL:

I need more training in the following areas to talk comfortably about tobacco use and quitting options with consumers:



Highlighted Results (continued):

I would access the following options, if offered, to more effectively address tobacco:



- About half of the respondents (55%) stated that for consumers in early recovery from alcohol or drug use, it is best to quit tobacco use after quitting other substance use.
- Most of the providers (92%) reported that they include tobacco cessation in treatment plans and progress notes for consumers motivated to quit, but fewer providers (60%) endorsed this practice for consumers not motivated to quit.

Conclusion:

Even though there is a general consensus that CHL offers a supportive environment for clients and staff interested in quitting tobacco use (particularly for Worcester sites), a large number of respondents requested updated materials, trainings, emails, support groups, and other resources—especially in terms of handouts that can be given to consumers interested in tobacco cessation.

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Community Healthlink

A Member of UMass Memorial Health Care

Assessing Staff Opinions of Tobacco Cessation Practices and Resources at Community Healthlink

Background information on the tobacco-free initiative:

The tobacco-free initiative was first implemented at Community Healthlink in 2008 in order to help promote a healthy environment for both its staff and consumers. Although we have had many successes since then, there continues to be areas that need improvement.

To support our ongoing goals to better address tobacco, in March of 2013 the Wellness Team conducted a survey on our smoking cessation efforts to date. The survey focuses on staff perceptions of the ongoing tobacco initiative and how the CHL community can continue to promote tobacco cessation practices for staff and consumers. This newsletter highlights some results from the survey. We are grateful for everyone's participation and feedback, as your responses allow for better planning and implementation of the tobacco initiative throughout the agency.



Key Points of the Survey:

Sample Demographics:

Four hundred fifty CHL staff members responded to the survey. The majority of respondents work within the city of Worcester (72%). Approximately 14% of staff identified as current tobacco users, while 35% identified as former users, and 47% as never users (4% endorsed the "other" category). Regarding type of position held within the company, 5% of respondents described themselves as service providers with prescribing privileges, 57% described themselves as service providers without prescribing privileges, and 38% described themselves as support/administrative staff.

(Continued on page 2, "Key Points")

The Wellness Center at Community Healthlink

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Newsletter feedback? Contact Hillary Gleason and Debbie Truong at Hillary.Gleason@umassmed.edu, Debbie.Truong@umassmed.edu, or at 774-312-2761.